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Title: Is it cold on the rooftop in winter

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Sick with a a cold, flu or other respiratory virus? Learn some home management tips from a Mayo Clinic family medicine physician.

Dr. Jesse Bracamonte, a Mayo Clinic family physician, explains more about the health benefits of vitamin C.

But in all these situations, the feet feel cold to the touch. Often the sensation of cold feet is benign and there is no serious underlying cause. However, experiencing the sensation ...

Can the extreme cold temperatures affect your lungs? Learn more about how weather affects the body from a Mayo Clinic expert.

Cold ice cream can soothe a sore throat, and probiotics in yogurt can help alleviate stomach upset if you are taking antibiotics for an infection. Check with your primary health care ...

Viral infections similar to those that cause a cold Vocal strain, caused by yelling or overusing your voice Bacterial infections, such as diphtheria, although this is rare, in large part ...

Cold sores that come back in otherwise healthy people are thought to be triggered by stress, fatigue and sunlight. To keep the virus from spreading, your husband should be ...

Can cold weather cause a cold? Dr. Jesse Bracamonte, a Mayo Clinic family physician, address the question.

Cold remedies that work If you catch a cold, you can expect to be sick for one to two weeks. That doesn't mean you have to be miserable. These remedies might help you feel ...

Chilly weather can cause cold feet but persistent cold feet might be due to a medical issue. Learn more from

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